



## Men's Health Week is June 14-20

When men take care of their emotional and physical health, they are also caring for the people in their lives: their spouses, children, parents, siblings and friends. A little information and some proactive effort can make a big difference in men's health.

Many health problems are preventable when caught early. So, to stay healthy, men are encouraged to schedule regular visits with their physicians. To enhance emotional well-being, men should address stress, anxiety, depression or other mental health issues as soon they arise rather than "waiting for them to go away." Ignoring problems may exacerbate them.

There are actions men can take to stay healthy:

1. **Get regular check-ups.** Appointments with doctors, dentists and mental health professionals should be made and kept to prevent health problems.
2. **Learn how to manage stress, anger and hostility.** By keeping these in check, men can minimize the risk of succumbing to stress-related diseases and disorders. In fact, issues like these can actually give rise to or worsen physical health problems.
3. **Communicate emotions.** When men make a habit of expressing themselves and their feelings to those who are closest to them, they benefit both physically and emotionally.
4. **Ask for help.** Reaching out and seeking the support of others during difficult or stressful times is not a sign of weakness. It actually shows great strength and character — and may lead to resolutions to some of the challenges men face.

### Additional Resources

Men's Health Network, sponsor of Men's Health Week

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)  
Information for enhancing the physical and emotional health of men.

Men's Health Week Web site

[www.menshealthweek.org](http://www.menshealthweek.org)  
Resources and details on this year's activities around men's health week, June 14-20, 2004.

## What's on liveandworkwell.com?

### Chats

To participate, click on "Join Discussions."

#### "Smoking Cessation"

June 7 at 9 a.m. PT

Learn about smoking cessation plans, beating cravings and coping with withdrawal.

#### Health tools, calculators and self-assessments

Liveandworkwell.com features quizzes and calculators that provide information about preventing prostate cancer, coping with depression, getting fit and much more. Find them in the "Use a Tool" section.

Also, take self-assessments that measure:

- General health
- Heart health and diabetes
- Fitness
- Caregiving stress
- Alcohol and drug abuse
- Depression

#### "Depression in Men"

June 17 at 9 a.m. PT

Learn how depression is different in men, explore issues men face in dealing with depression, and review steps men can take to overcome treatment barriers.

